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From Policy to Practice- Using State and Local Resources to Support Local School Wellness Policies

nted by the:

California Local School Wellness Policy
Collaborative



nd Annual Conference
XX, 2014
o, CA



Topics & Speakers

- *Moderator* –Phoebe Copp, Dairy Council of California
- **Getting Started -Policy Success!** -Heather Reed, California Department of Education
- **Stakeholder Support-** Phoebe Copp, Dairy Council of California
- **Wellness Policy Approval Process-**Leeza Lindsay, Torrance Unified School District
- **Taking Action-** Working with Your School Board, Peter Wright, California School Board Association

Getting Started-Policy Success!

Heather Reed, MA, RD

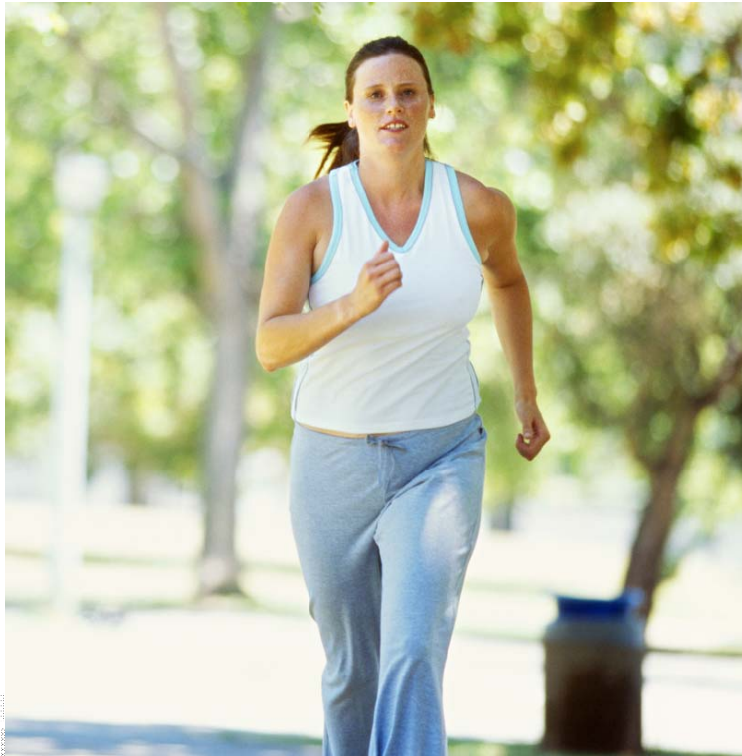
Nutrition Education Consultant

Nutrition Services Division, California Department of Education



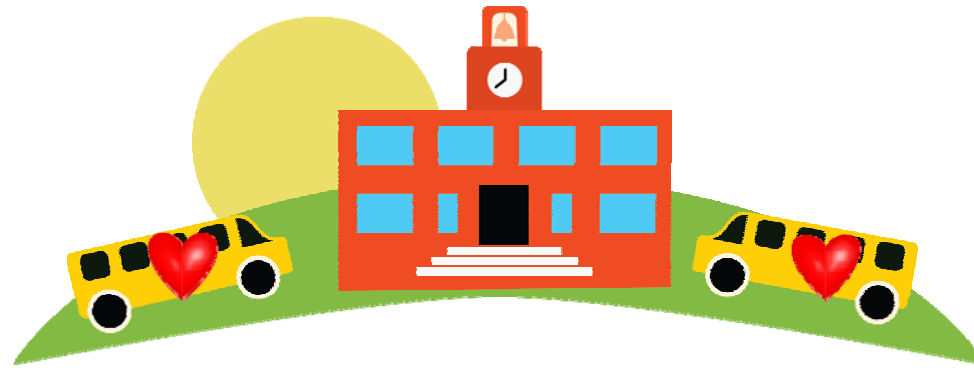
What Is Success in student wellness to you?

- Write your response down; share briefly with your neighbor

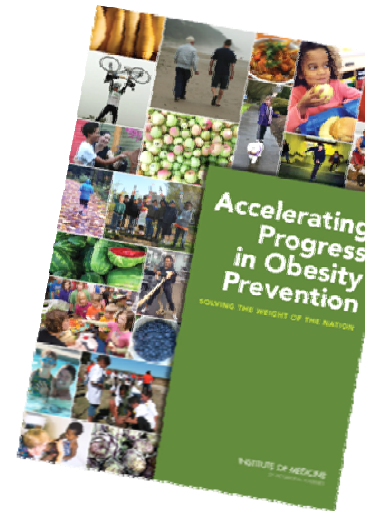


Here's What We Know

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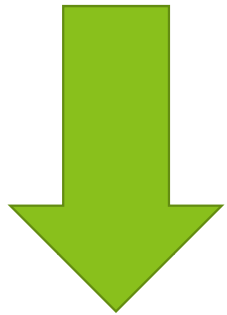
Schools are the Heart of Health



Here's What We Can Do

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**Create Thoughtful
Wellness Policies...**



**Which Lead to
Healthy School
Environments**



Here's What The Law
Says We Must Do

Healthy, Hunger-Free Kids Act of 2010

What's New?

- ▶ **Nutrition Promotion Goals**
- ▶ **Broader Stakeholder Engagement**
- ▶ **Public Notification and Education**
- ▶ **Implementation at each School Site**



Stronger Implementation

CDE Administrative Reviews



- **School Food Authority reviewed by the California Department of Education**
- **Includes Local School Wellness Policy**

Now... Every three years

Proposed Rule 2014

- Final rule

—2015



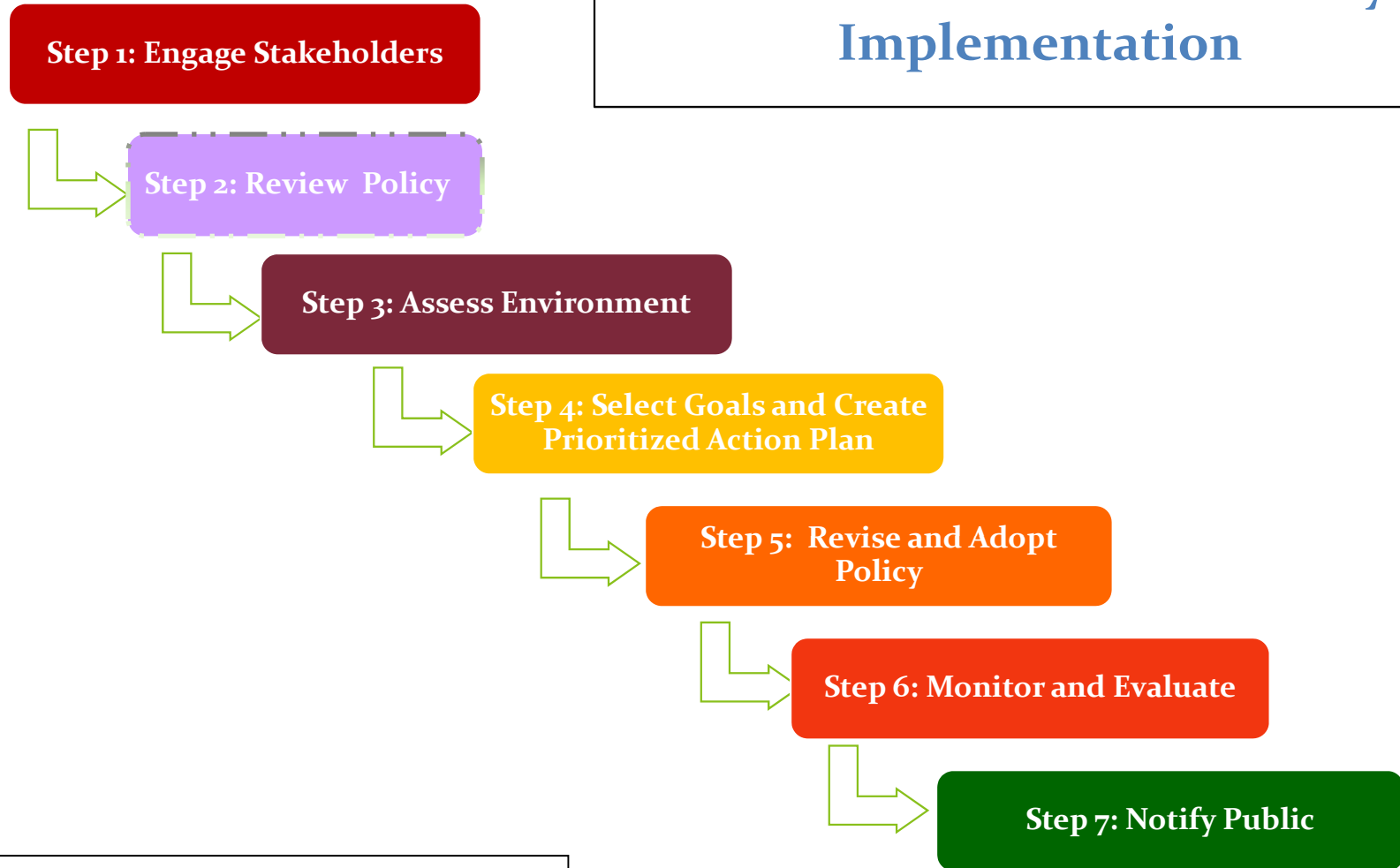
Stronger focus on nutrition promotion, marketing and foods offered as well as sold

More implementation and reporting at the school level!

**Here's How
We Can Do It**



Steps to Successful Local School Wellness Policy Implementation



Adapted by the California Department of Education from
**Montana School Wellness In Action-A Step by Step Guide to
School Wellness Policy Implementation** located at
<http://opi.mt.gov/pdf/schoolfood/WellnessImpGuide.pdf>

Here's The Help
Most Child Nutrition
Professionals
Directors Need

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What's the Most Important Step to Success?



Stakeholder
engagement!

Our Collaborative is Here to Help

E-tools and web-based libraries

Webinars by partner agencies

One stop shopping for support



California Local School Wellness Policy Collaborative

Vision:

“inspire school communities to take their wellness policies from paper to practice”

Members include over 20 state level agencies and large school districts



These Are Our Partners

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California Local School Wellness Policy Collaborative



The California Local School Wellness Policy (LSWP) Collaborative brings together state leaders committed to improving student wellness and academic success. By leveraging their collective resources, the collaborative members are building a statewide infrastructure that supports schools in updating and implementing their Local School Wellness Policies.



Vision:

We inspire school communities to take their wellness policies from paper to practice.

Mission:

We are a catalyst for school communities and stakeholders to implement highly effective local school wellness policies in California schools to support student health and academic achievement.



Collaborative Goals:

Build broad support

for local school wellness policy implementation, among schools, after school programs, health departments, elected officials and community stakeholders; and

Assist districts

in revising their policies to meet Child Nutrition Reauthorization Act/Healthy Hunger Free Kids Act of 2010 requirements and strengthening their skills and commitment to implement local priorities and monitor adopted local school wellness policies.



For more information about the California Local School Wellness (LSWP) Collaborative and to access resources, please visit our web page at: TeamCaliforniaForHealthyKids.org/School-Wellness



Partner Organizations

California Local School Wellness Policy Collaborative

Alliance for a Healthier Generation

California Action for Healthy Kids

California Department of Education – Nutrition Services, Team California for Healthy Kids

California Department of Public Health – Network for a Healthy California

California Project LEAN

California Association for Health, Physical Education, Recreation and Dance

California School Boards Association

California School Nurses Organization

California School Nutrition Association

California State Parent Teacher Association

Center for Collaborative Solutions

UC Davis Center for Nutrition in Schools

Dairy Council of California

HealthCorps

Sacramento City Unified School District

UC CalFresh Nutrition Education Program





Collaborative Strategies

Relationship Building

Communication and Education

Resources and Model Policy

Funding and Evaluation

Accomplishments

- 20 Partners
- Monthly Collaborative Meetings

- Conferences
- Smarter Lunchrooms Trainings
- Partner webinars

- LSWP Website
- Farm to School LSWP Language
- CSBA model policy

- Grant Prom
- CAFHK Breakfast grants
- Fuel Up Play 60
- AR assessm

Here Are Our Resources
for You

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<http://www.teamcaliforniaforhealthykids.org/school-wellness/local-school-wellness-policy-collaborative-2/>

SCHOOL WELLNESS POLICY RESOURCES

HOME > SCHOOL WELLNESS POLICY > SCHOOL WELLNESS POLICY RESOURCES

Local School Wellness Policy (LSWP) Resources

Local School Wellness Policy Requirements

- [Healthy, Hunger-Free Kids Act of 2010 Legislation \(PDF\)](#)
- [The USDA Policy Memorandum \(PDF\)](#) - Available from the Food and Nutrition Services (FNS) School Policy, this memorandum provides more detailed information about the requirements and recommended actions for the School Year 2011-12.
- [Comparison Chart of 2004 and 2010 Requirements of the 2004 and 2010 Requirements \(PDF\)](#)

Sample Local School Wellness Policies

- [Food and Nutrition Services Local School Wellness Policy](#)
- [CSBA Sample Student Wellness Policy 5030 \(Revised July 2013\)](#) - The California School Board Association has developed model policy language to meet the Healthy-Hunger Free Kids Act of 2010 requirements.
- [National School Boards Association](#) - Provides a national school health policy database which includes laws and policies from 50 states.
- [Dairy Council of California Wellness Policy Directory](#) - Districts can locate their wellness policy and other district wellness policies. Also available is a scoring and

[California Local School Wellness Policy Collaborative](#)

[California Local School Wellness Policy Collaborative Members](#)

[California Local School Wellness Policy Collaborative Outreach Resources](#)

[Local School Wellness Policy Administrative Review Toolkit](#)

[School Wellness Policy Resources](#)

[The History of School Wellness Policies](#)



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Make a difference today

OR

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**TEAM
PLEDGE**

WHO WE ARE ▾

WHAT WE DO ▾

RESOURCES ▾

GET INVOLVED ▾

LOCAL SCHOOL WELLNESS POLICY ADMINISTRATIVE REVIEW TOOLKIT

HOME > SCHOOL WELLNESS POLICY > CALIFORNIA LOCAL SCHOOL WELLNESS POLICY COLLABORATIVE > LOCAL SCHOOL WELLNESS POLICY ADMINISTRATIVE REVIEW TOOLKIT

The California Local School Wellness Policy (LSWP) Collaborative has compiled these tools for the LSWP part of the Administrative Review (AR).

Current Copy of the local school wellness policy to address the LSWP-AR Question 1000 (documentation such as a hard copy of the policy or link to board policy.)

- [FNS Comparison Chart](#) (PDF) - LSWP requirements in Healthy, Hunger-Free Kids Act of 2010
- [Letter to County and District Superintendents and Charter School Administrators from Tom Torlakson, State Superintendent of Public Instruction](#) about 2013 Administrative Review Requirements

How Does Public Know About the LSWP - AR Question 1001 (links to board policy or wellness policy section, distribution packet, brochure, posters, flyers, articles in newsletters, emails, loudspeaker announcements, displays or presentations at back to school nights and other school events, in service education)

California Local School Wellness Policy Collaborative Members

California Local School Wellness Policy Collaborative Outreach Resources

Local School Wellness Policy Administrative Review Toolkit

<http://www.teamcaliforniaforhealthykids.org/school-wellness/local-school-wellness-policy-collaborative-2/>

**One Step at a Time-
Start with Your Policy
For Success!**

Questions?



Thank You!

Heather Reed, MA, RDN
Nutrition Education Consultant
California Department of Education
Hreed@cde.ca.gov



Stakeholder Support

Phoebe Copp

Community Nutrition Adviser

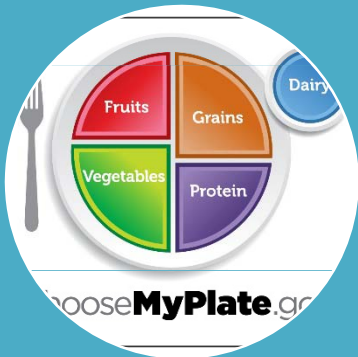
Dairy Council of California



What can stakeholders do for you?

- Resources
- Best Practices
- Community Involvement

Dairy Council of California Support for School Food Service



Nutrition Education

Classroom Curriculum
Teacher & School
Food Service
Trainings
Parent Education



Local School Wellness Policy

Committee
Involvement
Tools & Resources



Cafeteria

Smarter Lunchrooms
Technical Advising
Nutrition Posters
Farm to School
Mobile Dairy
Classroom

Community Partnerships = Dairy Council

Smarter Lunchrooms Movement (SLM)

California SLM Partners



- HealthierUS School Challenge
 - SLM self-assessment scorecard is required
- SLM Partners
 - Provide technical advising to school cafeterias
 - University of California Cal Fresh
 - Dairy Council of California
 - Look for SLM Workshops in March and April 2015

Success!

• San Marcos Unified

- Strengthened wording for nutrition education in administrative review
 - Added list of approved materials
 - Required nutrition education be taught in all elementary and designated secondary classrooms
 - Dairy Council of California nutrition curriculum supplied to all K-5 teachers

362 (K-5 classrooms)

X \$35 (cost of 1 teacher kit)

\$12,670 value to district

Provided for free!

Getting started with stakeholders

- Dairy Council of California, or current stakeholders, can suggest additional community groups
- Ask your schools for suggestions – nutrition education groups, school-site wellness councils, PTA/PTO



Thank you!

Phoebe Copp

Dairy Council of California

PCopp@DairyCouncilofCA.org

Wellness Policy Approval Process

Leeza Lindsay

Assistant Director, Nutrition Services

Torrance Unified School District



Torrance Unified School District (TUSD)

- Policy last updated in 2006
- Each school in the District had to create their own specific wellness policy, in addition to the district wellness policy
- Met minimum requirements
 - Weak language & implementation

TUSD: Getting started...

- Reached out to Administration for people they felt would be a great asset
- Contacted people in the community and the district
- Created a basic timeline and sent out an introductory email to committee
 - Took about 3 months to secure a 14 member committee
- Background research
 - Other district's policies, regulations, resources

TUSD: Committee

- Met 6 times throughout SY 13-14
 - About every 6 weeks
- Set goals for each meeting
 - Assignments pre-designated before the meetings
- Sought feedback from people throughout the district
 - Surveyed principals
 - Feedback from students, PTA and Cabinet members
- Assessed policy using different tools

TUSD: Getting approved...

- 6 drafts
- Presentation at the Board meeting

After approval...

- Trained principals and PTA
- Assisted schools with competitive food questions
- Annual surveys will be used for the 1st time in Spring 2015
 - School sites, Parent groups, ASB/Student Council, Health Services

How do you get started?

- Locate and read your current wellness policy.
 - Conduct an assessment for weak or missing language.
 - WellSAT
- Who is required to be on your committee?
 - Who else would you like to include?
- Set goals.
 - What are your goals for..
 - the committee?
 - the policy?
 - the district?
- Create a timeline and a committee.

Questions?

Leeza Lindsay, RD

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310-972-6358

TUSDFoodService.Org



Taking Action

Working With Your School Board

Peter Wright

Policy and Programs Officer

California School Board Association



CSBA's Theory of Change

- **School boards will support and sustain policies for:**
 - Effective governance
 - Responsible fiscal oversight
 - Closing the achievement gap
 - Promoting the best conditions for children to learn

Governance

- Parents and students are the producers, not just the consumers.

Themes of Progress

- Align board member and parent priorities
- Know the governing process
- Be Patient while being politely persistent
- Creatively seek outside partnerships

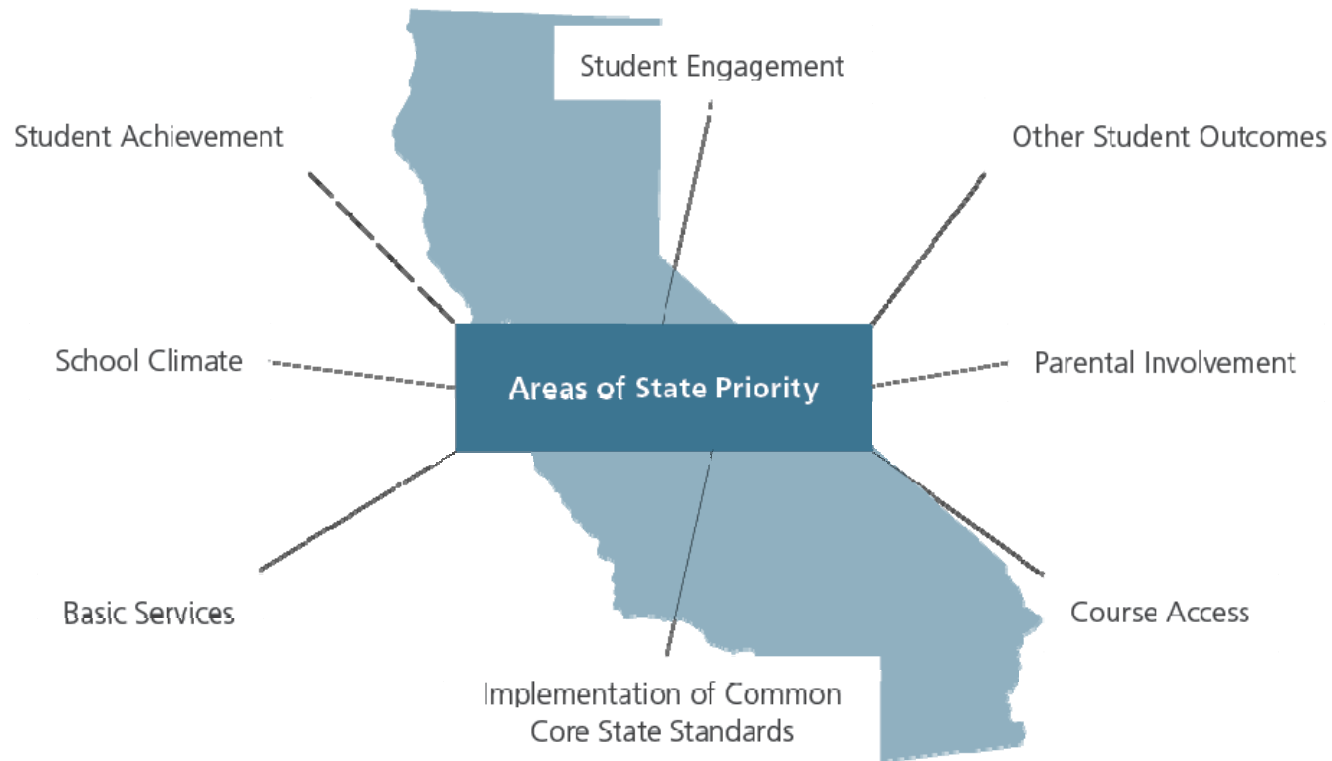
Local Control Funding Formula

Based on specific considerations:

- Equity, additional resources for students with greater needs
 - Low-income students
 - English learners
 - Foster youth
- Local decision-making and stakeholder involvement
- Accountability
- Transparency
- Alignment of budgeting with accountability plans

Local Control & Accountability Plans

Eight Areas of State Priority Must Be Addressed in LCAPs
(Local Control and Accountability Plan)



Source: Legislative Analyst's Office, "An Overview of the Local Control Funding Formula" (07/13)

Local Control and Accountability Plans (LCAPs)

Local governing boards must adopt LCAP using a template adopted by the State Board of Education on or before July 1, 2014. LCAP shall be for 3-year periods and be updated on or before July 1 of each year.

- Plans must be aligned to LEA budget and shall include for the district and for each school in the district a description of:
 - Annual goals for all pupils and each subgroup to be achieved for each of the state priorities identified in statute and any additional local *priorities identified by the local governing board*;
 - Specific actions the LEA will take during each year to achieve those goals.



Peter Wright

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